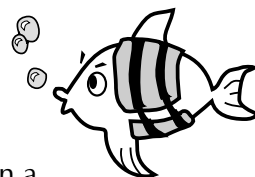


LIFESAVING TIPS FOR PARENTS!



- ✓ Make children wear a life jacket when on a dock, riding in a boat or raft, when skiing or tubing, and even when fishing or playing near the water. **California law says that all children under twelve years of age must wear a properly fitting U.S. Coast Guard-approved life jacket while underway on a vessel of 26 feet or less.**
- ✓ Children should be constantly supervised when in or near water, even if they are wearing a life jacket.
- ✓ Swimming lessons and infant/toddler water adjustment class promote water safety, but they do not replace adult supervision.
- ✓ Teach your children to wait for permission before getting into the water. Teach them also not to run or push on pool decks, docks or boats.
- ✓ Show your children safe areas for swimming.
- ✓ Use and enforce water safety rules, children learn from the actions of adults.
- ✓ Never use inflatable water toys, like beach balls or water wings, as life jackets or life preservers.
- ✓ Learn infant/child cardiopulmonary resuscitation (CPR). When visiting a new water area, know where the nearest phone is to call 9-1-1 for help.

MEET THE AQUASmart CHARACTERS!

Learn how to be *AquaSMART*. Let Splasher, Surfer, Diver, Charlie and Joe help you learn how to be safe in and around the water!



Charlie and Joe



Surfer



Diver



I'm
Splasher





SELECTING LIFE JACKETS FOR CHILDREN



A personal flotation device (PFD), or life jacket, can keep your child afloat and keep them warm in cold water. Drowning can occur in less than a minute, without noise, and often happens even when an adult is nearby.



What do you look for when choosing a life jacket?

- The U.S. Coast Guard approval number on the life jacket—this means the jacket meets specific criteria for performance and design.
- Check the size and weight limits on the label. Try the life jacket on the child. Check for proper fit by lifting the life jacket at the shoulders. If there is more than three inches between the child's shoulders and the life jacket, it is too big! If the life jacket lifts up to cover the child's mouth or ears, it is too big!
- A head support collar is important for small children. It supports their head when in the water and a loop on the collar allows for grabbing and lifting a child from the water.
- Small children must have a crotch strap that promotes a snug fit. The strap should be used at all times to help keep the life jacket in place.
- For older children, it is important to consider comfort and appearance. Let the child participate in the selection of their life jacket. Put their name on it.
- After selection is made, have the child test the life jacket in a pool. This gives you a chance to observe the fit and performance of the life jacket in water, and gives your child a chance to become comfortable with their life jacket. Teach your child how to swim on their back while wearing the life jacket.





THE WATERWAYS OF CALIFORNIA



ACTIVITY 1:

THE STATE OF CALIFORNIA



Color the map and learn more about California. Use the helpful color key as a guide.

Color Key



Mountains: Brown



Valleys: Green



Rivers: Blue



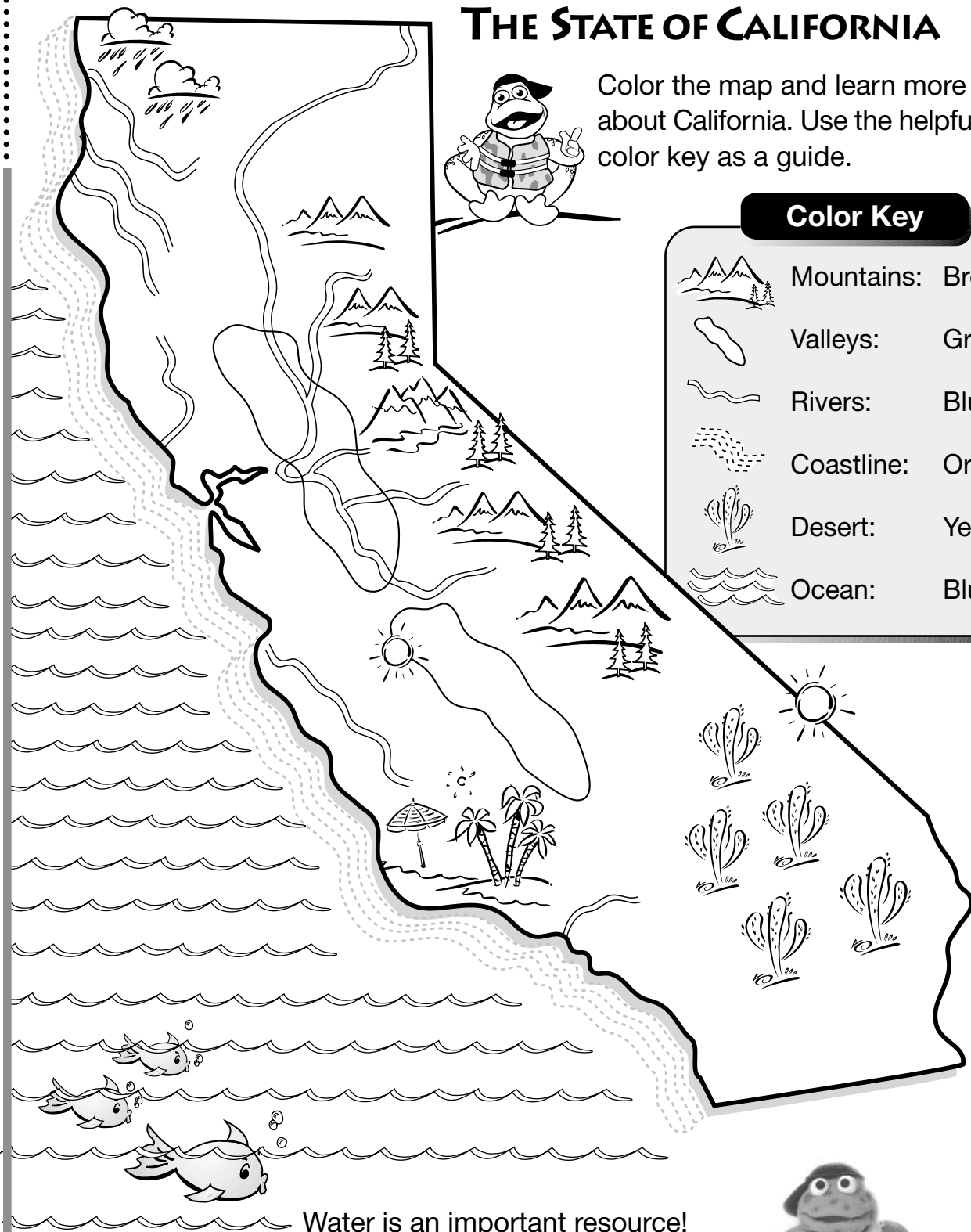
Coastline: Orange



Desert: Yellow



Ocean: Blue



Water is an important resource!





THE WATERWAYS OF CALIFORNIA

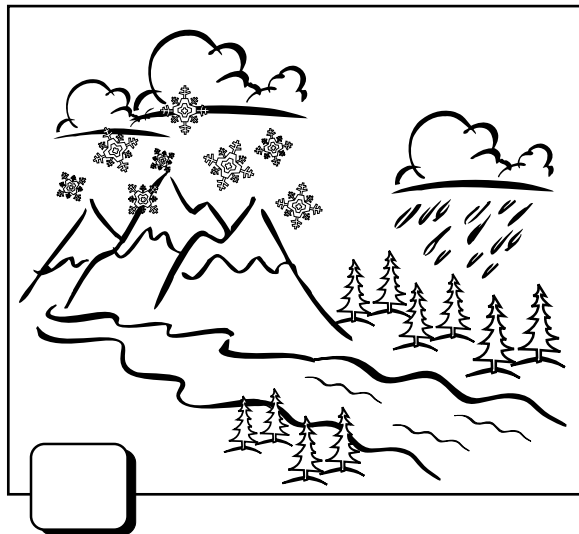
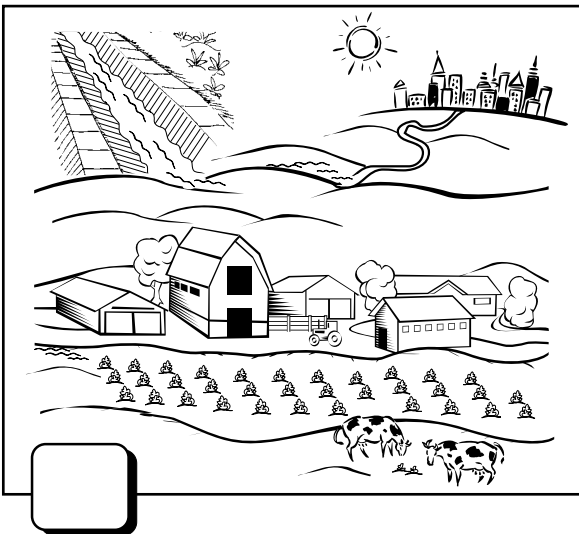
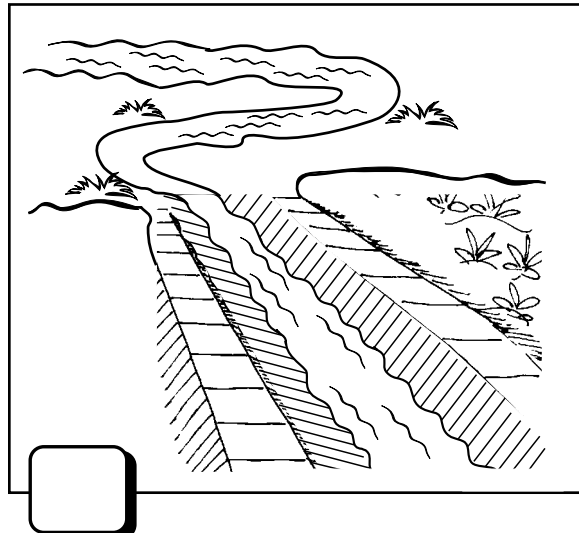
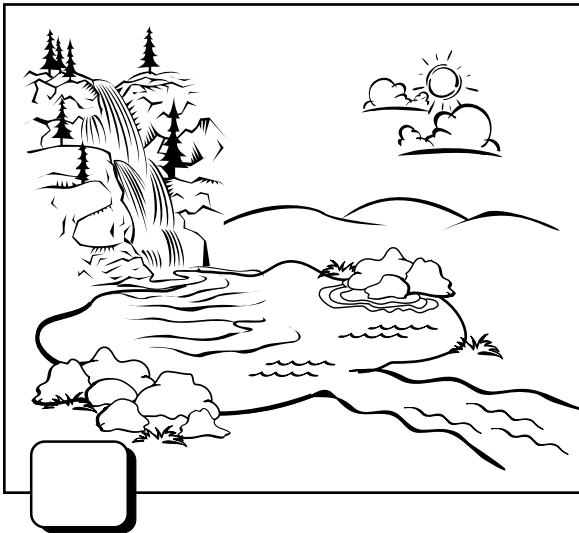


ACTIVITY 2:

How Do We Get Our Water?



Water is important. Every living thing needs water to live. Read how we get our water below. Write the correct number next to the picture to show what happens first, second, third and fourth. Color the pictures.



1. In California, water comes from snow and rain.
2. Waterfalls and streams flow into rivers and lakes.
3. Rivers and lakes flow into canals.
4. Canals are used to bring water to farmers and people in the cities.



LEARN TO SWIM!



ACTIVITY 1:

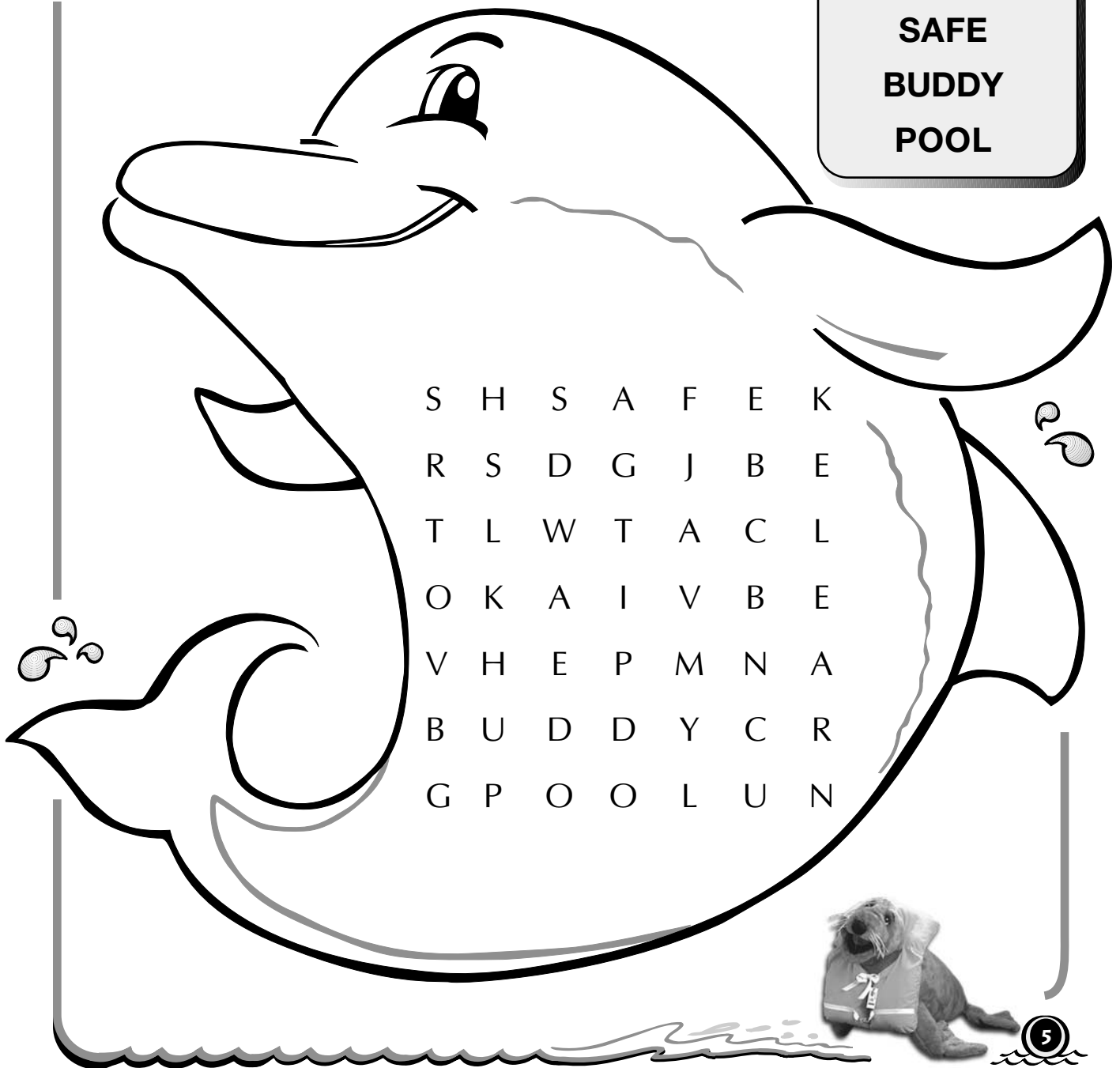
LEARN TO SWIM WORD SEARCH



To be safe, learn to swim. Circle the words in the dolphin puzzle that are listed in the word bank. We'll teach you to be *AquaSMART* in no time at all.

Word Bank

LEARN
TO
SWIM
BE
SAFE
BUDDY
POOL



LEARN TO SWIM!

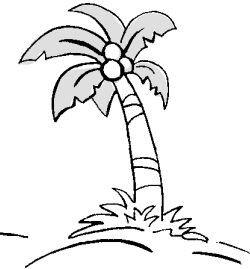


ACTIVITY 2:



SWIM WITH A BUDDY

Remember, always swim with a buddy. Using letters from the letter bank, fill in a letter to make the correct word in the space below.



Draw a picture of yourself or a buddy.

Letter Bank

b s n a w

Learn to ____wim.

Swim with a ____uddy.

Be safe in the ____ater.

You should ____ever swim alone.

Swim with an ____dult.



WEAR A LIFE JACKET!

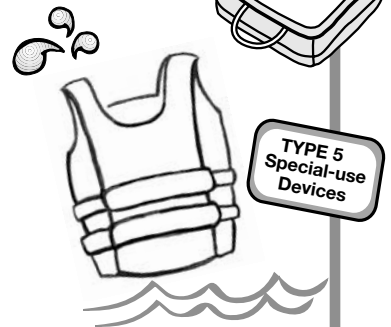
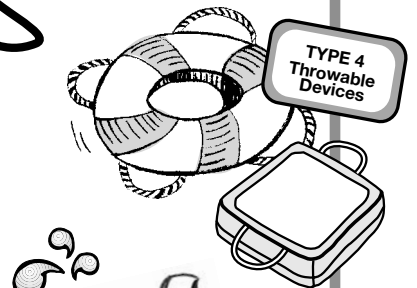
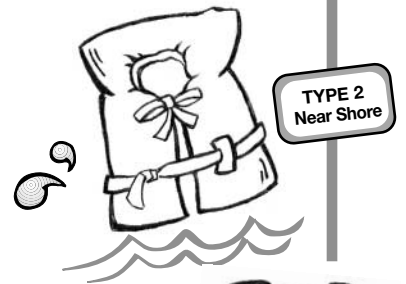
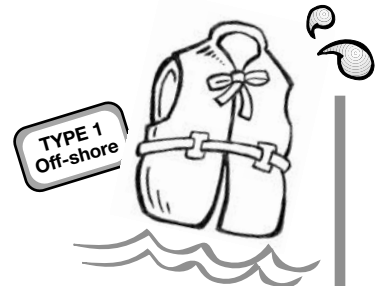
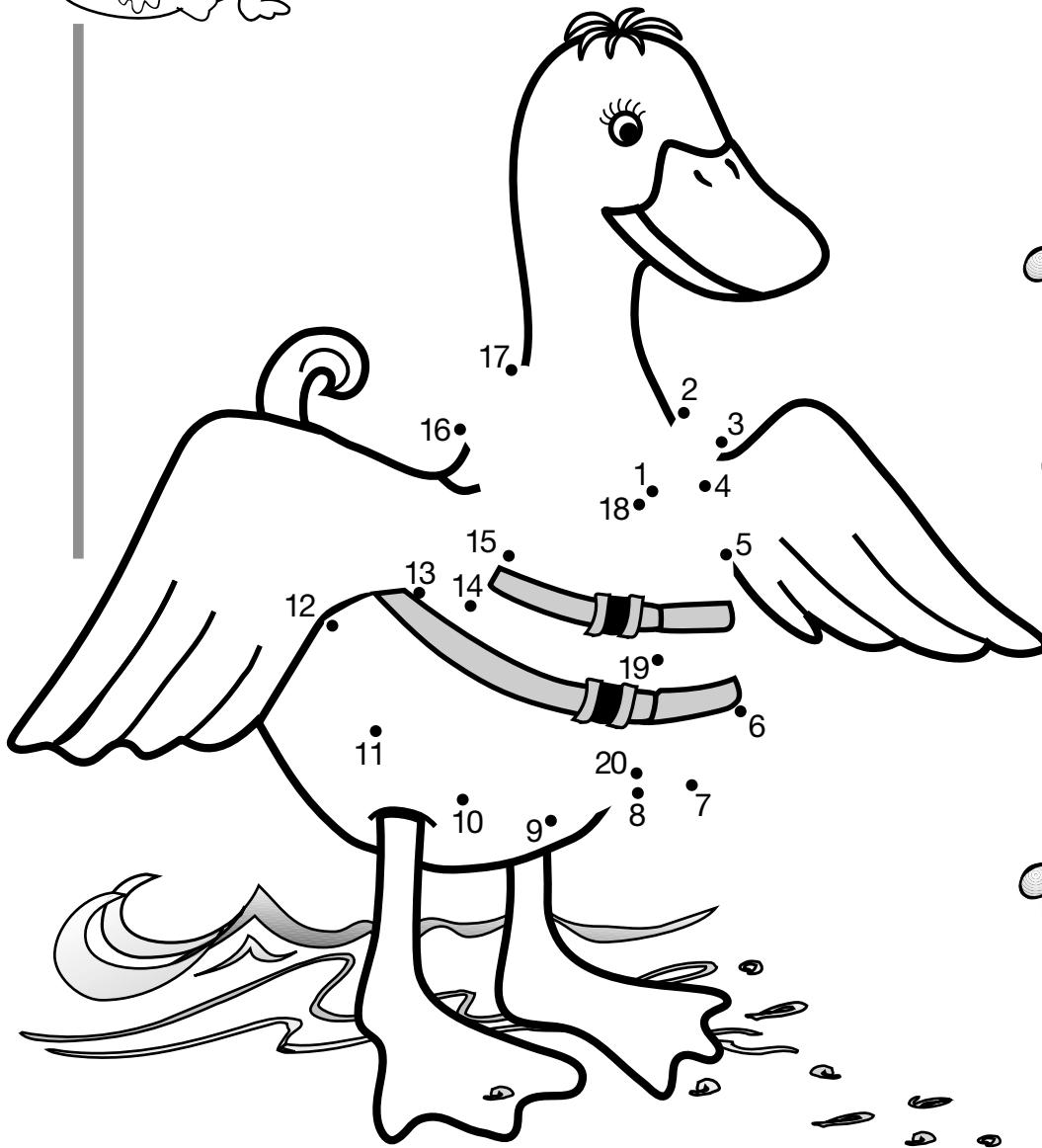


ACTIVITY 1:

LEARN ABOUT LIFE JACKETS



To be safe, connect the dots to help Diver put on her life jacket. Color in the jacket.



"I will always make sure my life jacket fits me, and is always buckled up tight."

—Diver



WEAR A LIFE JACKET!

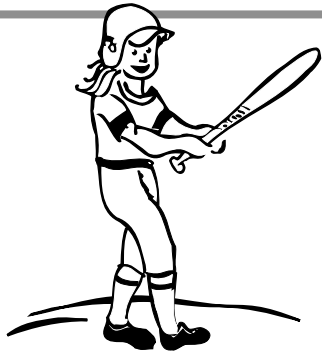


ACTIVITY 2:

THE RIGHT SAFETY EQUIPMENT



To be safe, you need to wear the right safety equipment! Circle the equipment that each person needs to wear to be safe when playing.



glove



shirt



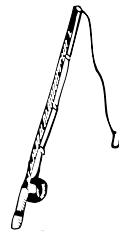
helmet



baseball



life jacket



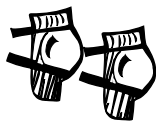
fishing pole



oar



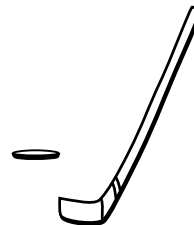
whistle



knee pads



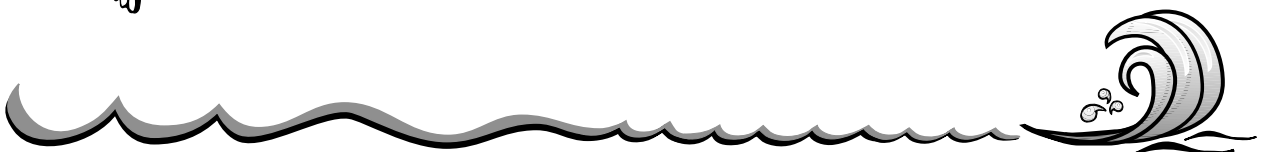
helmet



hockey stick



rollerblades





LEARN TO FLOAT!

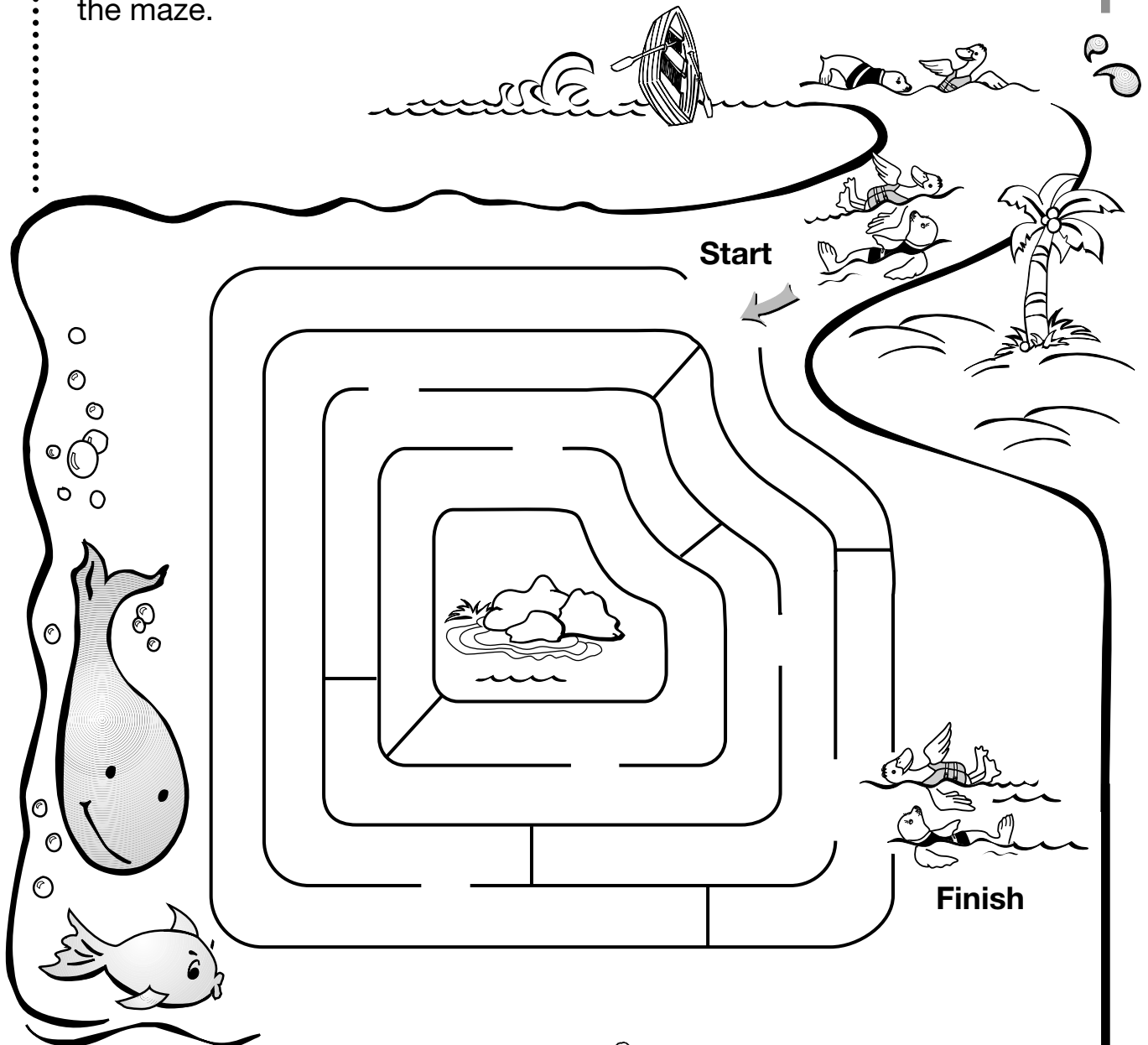


ACTIVITY 1:

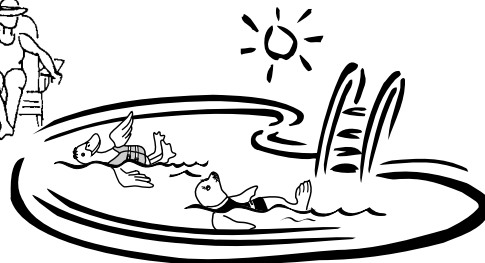


LEARN TO FLOAT MAZE

Learning to float is really important in case you get too tired to swim. Help Surfer and Diver float downstream through the maze.



Everyone should practice floating in a safe place, like a swimming pool, with an adult watching.



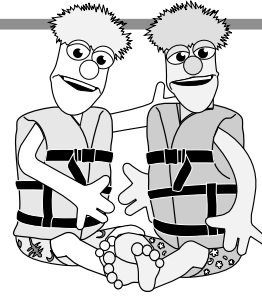
LEARN TO FLOAT!



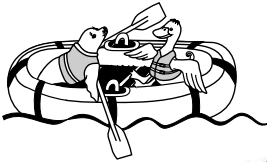
ACTIVITY 2:

SURFER AND DIVER'S FLOATING STORY

Charlie and Joe know, if you fall into a river, float feet first downstream. Read the story and fill in the missing words.



Surfer and Diver are floating downriver in their



_____ . Both of them are

wearing life



_____ . All of a sudden,

they bump into a



_____ . The raft

tips them over into the water. Surfer and Diver need to

stay _____ . To be safe, they both need to

protect their heads by



with their



_____ pointing downstream.

Word Bank

feet

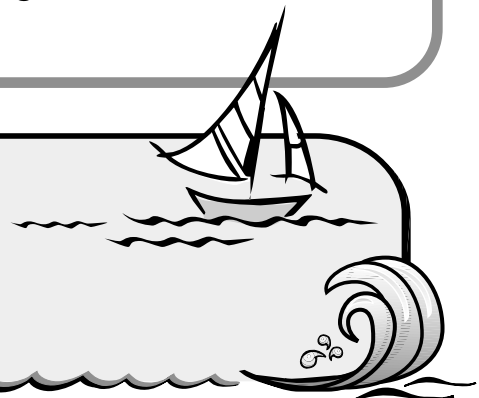
raft

floating

calm

rock

jackets



LEARN TO RESCUE SAFELY!

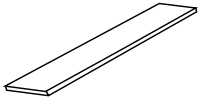


ACTIVITY 1:



FIND THE SAFETY HELPERS

Draw a circle around the helpers you can use to **reach**.



board



oar

hand

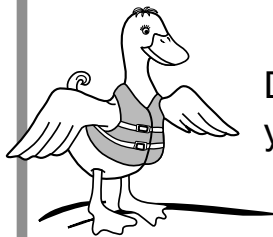


bicycle

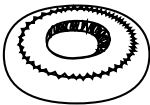


branch

shoes



Draw a circle around the helpers you can use to **throw**.



inner tube



empty ice chest



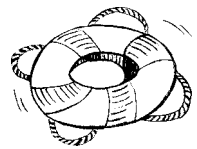
clock



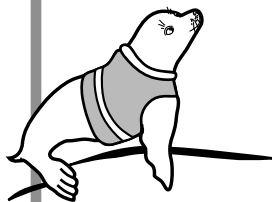
life jacket



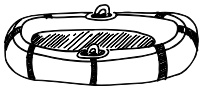
beach ball



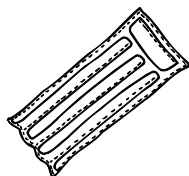
rescue ring



Draw a circle around the helpers an adult can use to **row**.



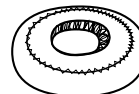
raft



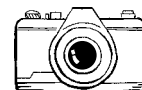
air mattress



chair



inner tube



camera



row boat



If you can't reach, throw, or find an adult to row, go call 9-1-1 to get help.



LEARN TO RESCUE SAFELY!



ACTIVITY 2:

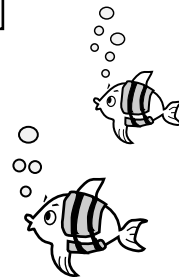
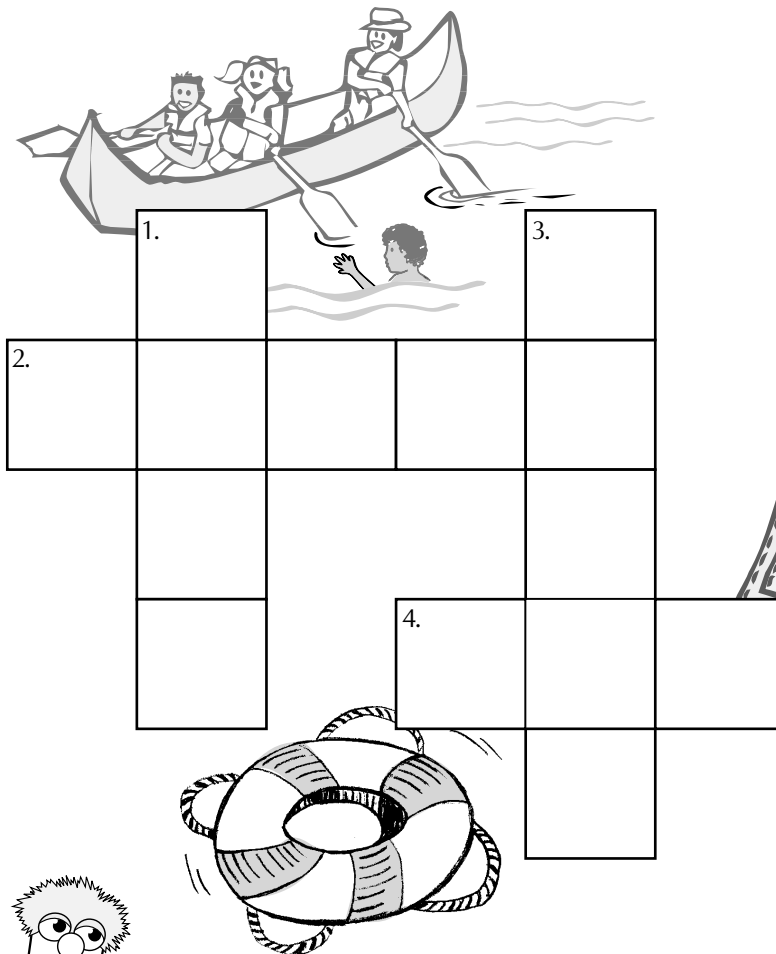
RESCUE SAFELY CROSSWORD PUZZLE



Accidents happen at the pool, lake, river and ocean. It is best to be prepared. Learn ways to rescue safely! Use the words from the word bank to finish the puzzle. Helpful clues are listed below.

Word Bank

help
reach
throw
row



ACROSS

- 2. to stretch out and grasp
- 4. to move with oars

DOWN

- 1. to assist someone in need
- 3. to hurl or fling into the air





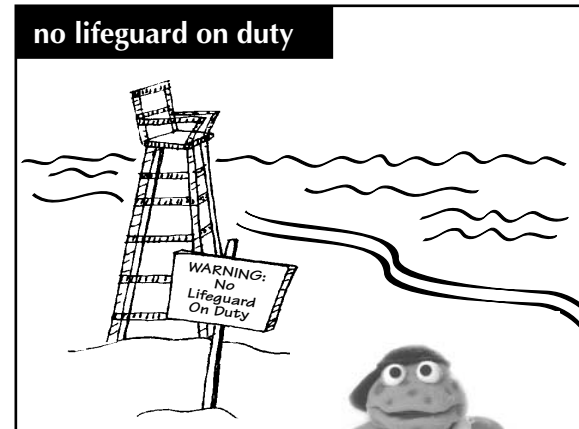
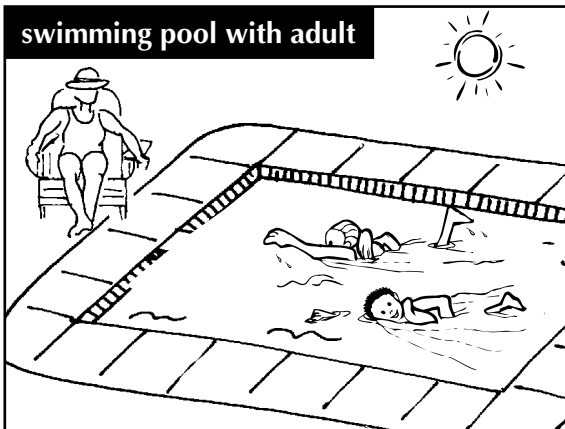
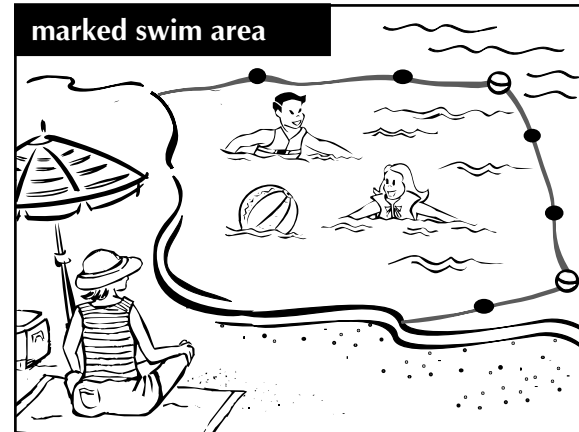
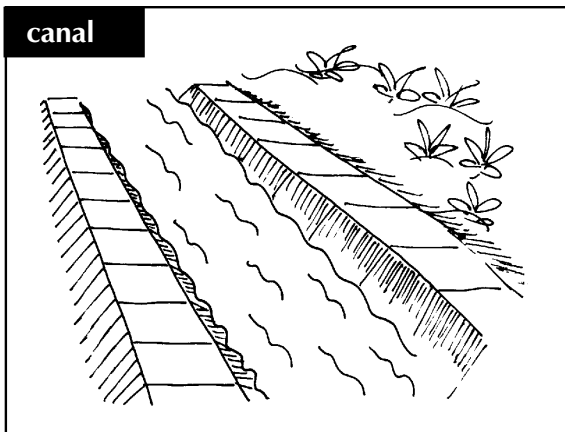
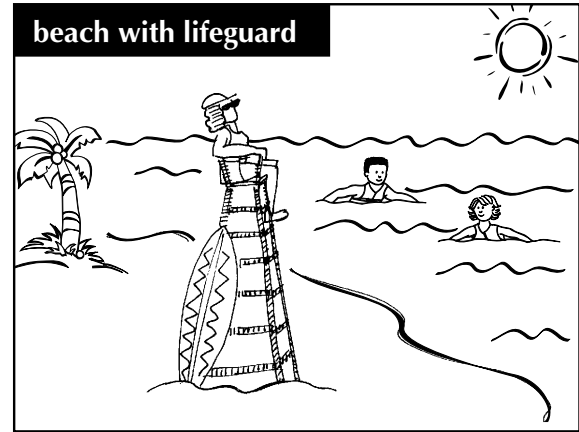
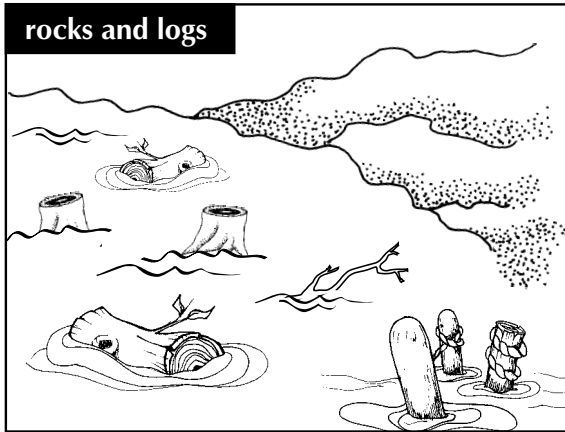
LOOK BEFORE YOU LEAP!



ACTIVITY 1:

FIND THE SAFE SWIMMING AREAS

Look for dangers before you enter the water. Cross out pictures where you should **NOT** swim. Then, color the pictures where it is safe to swim.



LOOK BEFORE YOU LEAP!



ACTIVITY 2:

MATCH UP THE SIGNS

Signs warn us of dangers you can't always see. Be a sign watcher and be safe. My friends below are all

mixed up. Help them decide where to go.

Draw a line from the problem to the sign that will help them.



Helpful Signs



This sign tells where we can get **first aid** if we get hurt.



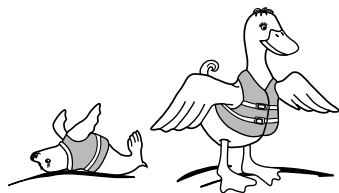
This sign tells us we **cannot swim** here. It is dangerous.



This sign tells us we can call 9-1-1 for **emergency** help.



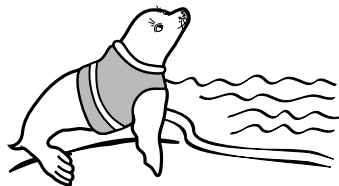
This sign tells us someone is there to answer our **questions**.



Emergency! I need help. Someone is hurt badly.



My friends cut their feet. They need **first aid**.



I want to go **swimming**. How will I know if I can't?



Question: I wonder if it's okay to ride my bike on the dock?





DON'T OVERLOAD YOUR BOAT!

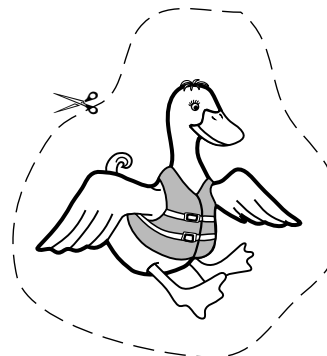
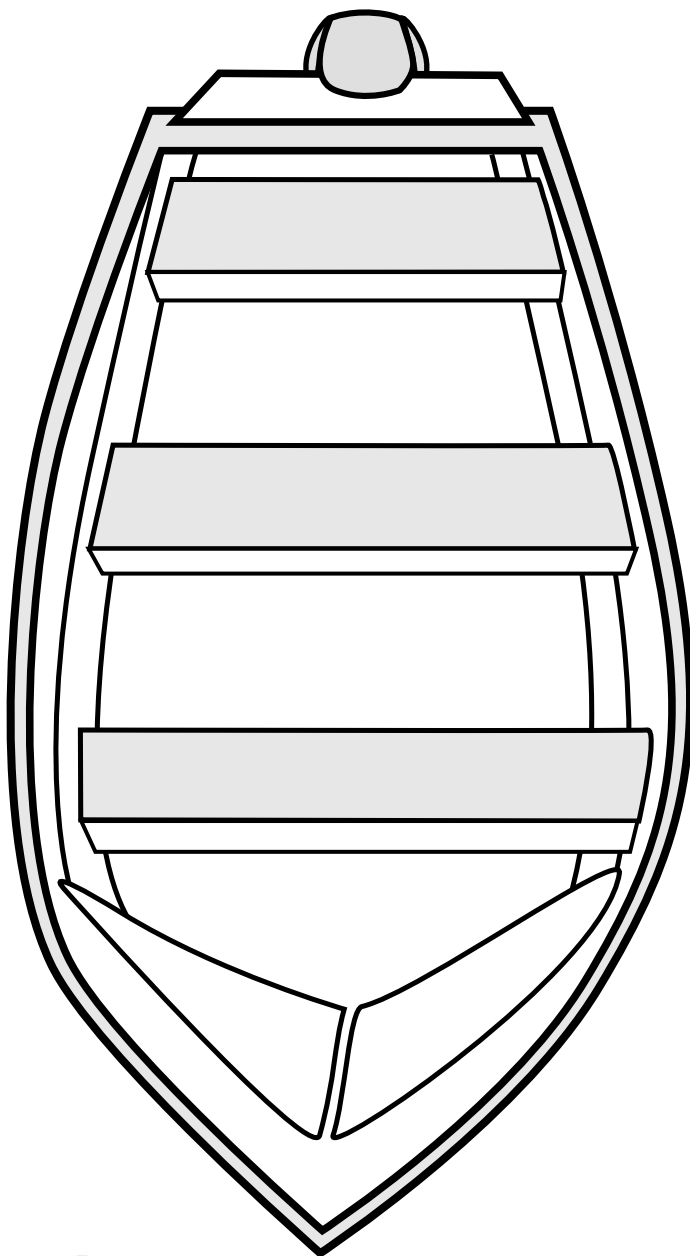


ACTIVITY 1:

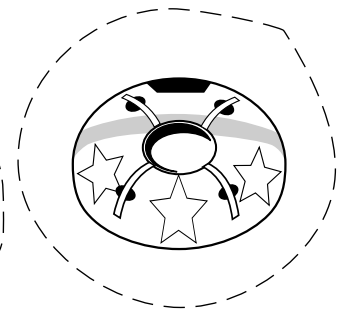
HELP LOAD AND BALANCE THE BOAT



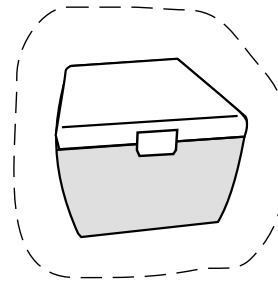
Small boats can tip over. To be safe, don't overload your boat. Help make this a safe and balanced boat. First, cut the page in half along dotted line. Then, cut out the characters, ice cooler, inner tube and fishing gear. Finally, glue the pictures into the boat so the boat stays balanced.



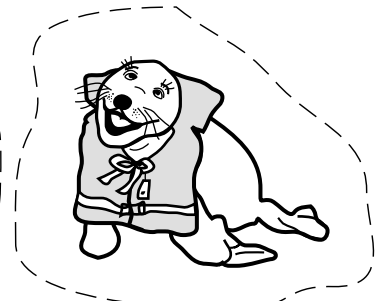
Diver



Inner Tube



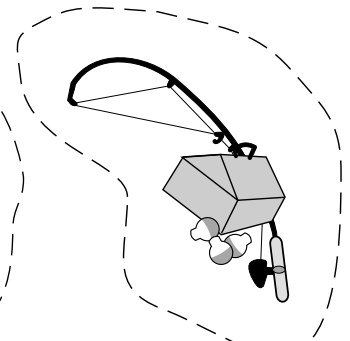
Ice Cooler



Surfer



Splasher



Fishing Gear

DON'T OVERLOAD YOUR BOAT!



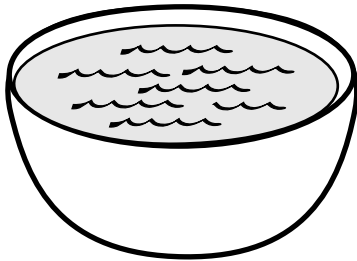
ACTIVITY 2:



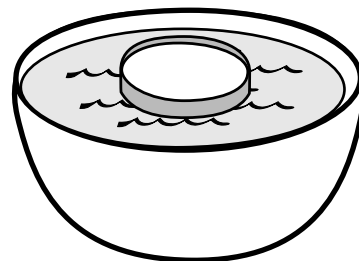
FUN BALANCING BOATS

Try this fun experiment and learn more about the importance of balancing a boat. To get started, you will need a large plastic bowl, a jelly jar lid, and about 12–15 pennies. Then, read and follow the steps below.

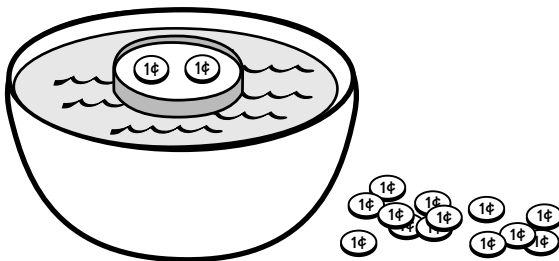
- 1 Fill the bowl with water to represent a lake or ocean.



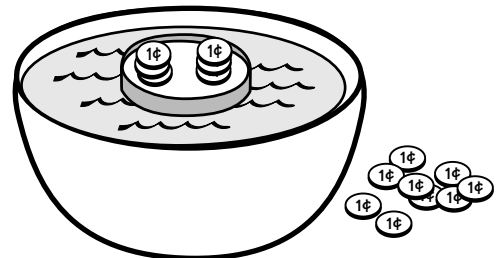
- 2 Float the jelly jar lid upside-down on the water to represent a boat.



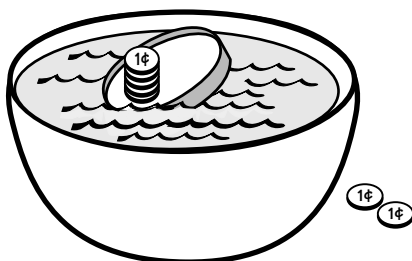
- 3 Place coins in the boat to represent people.



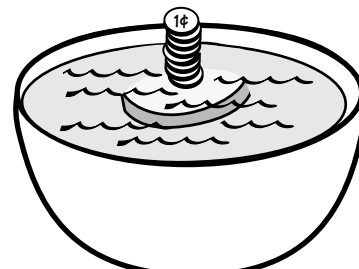
- 4 Balanced boat: the boat will remain stable if it has the same amount of pennies on each side. Add pennies one at a time on each side of the lid (3 to 4 on each side).



- 5 Unbalanced boat: place pennies one at a time on one side of the lid. The boat will eventually capsize.



- 6 Overloaded boat: stack pennies in the middle of the lid and eventually the boat will capsize.



STAY WITH YOUR BOAT!



ACTIVITY 1:

DIVER AND SURFER'S ADVENTURE

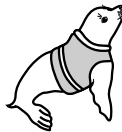


Stay calm and stay with your boat if your boat turns over. Read the story about Diver and Surfer. Help finish the story below.

One Sunny day

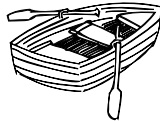


Diver and



Surfer decided to go for a

ride in their



boat. They both put on their



life jackets

before they left on their trip. Surfer and Diver were having so much fun

they didn't pay attention to the



choppy water. Suddenly the

boat bumped into a big wave. The boat

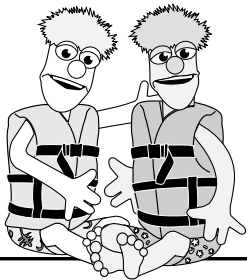


turned upside

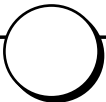
down and Surfer and Diver



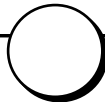
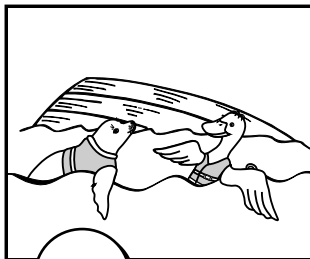
fell into the water.



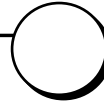
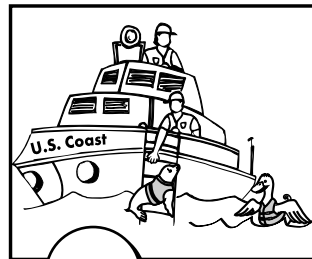
What should Diver and Surfer do next? Help Charlie and Joe put the pictures in the right order. Write the number 1, 2, 3, or 4 next to the correct picture.



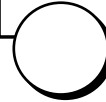
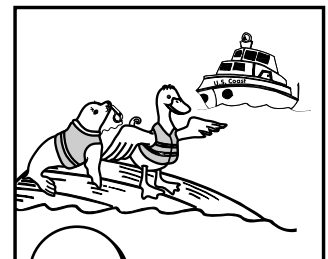
stay with
boat



first, stay
calm



help and
rescue



blow whistle,
wave arms
for help

STAY WITH YOUR BOAT!



ACTIVITY 2:

IF YOUR BOAT TURNS OVER



Read the Safety List then look at the pictures below. There are two sentences for each picture. **Circle the sentence** that tells you the **best** way to stay safe if your boat turns over.

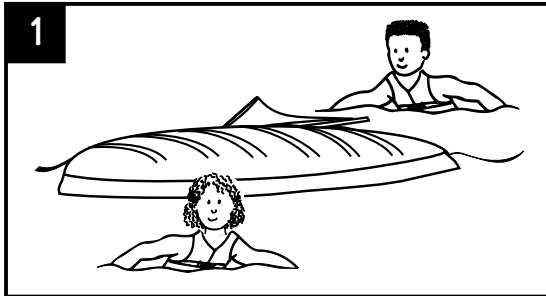


Always wear a properly fitting U.S. Coast Guard-approved life jacket!

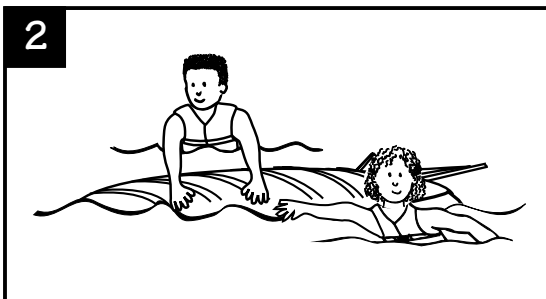
Safety List

If your boat turns over:

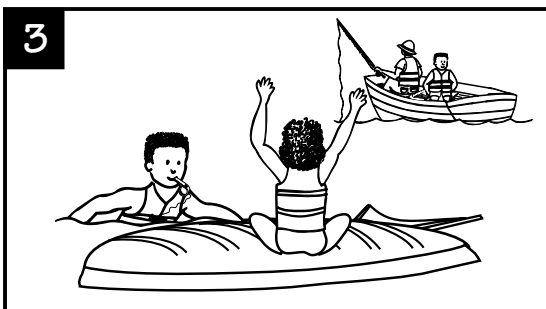
- ☒ 1. Look, listen, and keep calm.
- ☒ 2. Stay with your boat.
- ☒ 3. Look for boats that are close, blow your whistle, and wave your arms to let them know you need help.



- Look and listen for help.
- Yell, scream, and cry for help.



- Flap your arms up and down.
- Remain calm and stay with your boat.



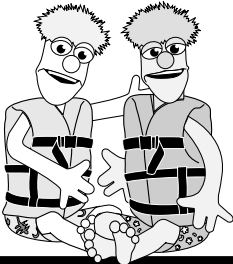
- Look around for help; if boaters are close enough, blow your whistle, and wave your arms to let them know you need help.
- Yell, yell, and yell until someone hears.

LEARN THE BOATING RULES OF THE ROAD!



ACTIVITY 1:

CHARLIE AND JOE LEARN THE RULES



Help Charlie and Joe learn the boating rules of the road. Read the "Rules of the Road" list. Then, find the signs and color them.



Always Wear a Life Jacket

Rules of the Road



Color the "Boats Keep Out" sign **orange**.



Color the life jacket **yellow**.



Color the "5 MPH" speed limit **blue**.



Color the "Diver Down" sign **red**.



Color the "Rock" sign **orange**.



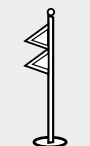
Color the "Left Channel Buoy" **green**.



Color the "Center Channel Buoy" **red**.



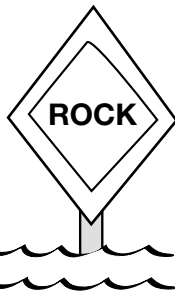
Color the "Right Channel Buoy" **red**.



Color the "Weather Flag" **orange**.



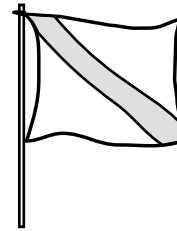
Color the "No Smoking" sign **red**.



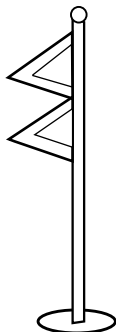
Rock-Danger



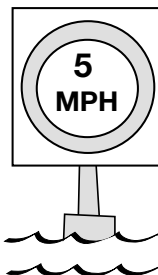
No Smoking



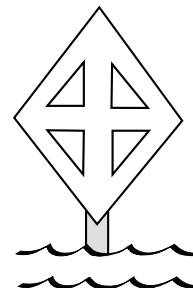
Diver Down, Boats Stay Clear



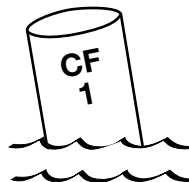
Weather Flag



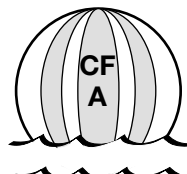
5 miles per hour speed limit



Boats Keep Out



Marks Left Side of the Channel



Marks Center of the Channel



Marks Right Side of the Channel

LEARN THE BOATING RULES OF THE ROAD!

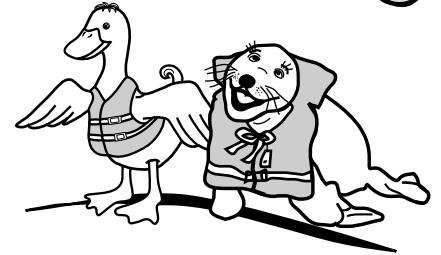


ACTIVITY 2:

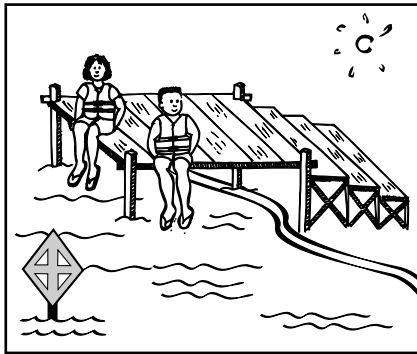
COURTESY IS THE RULE



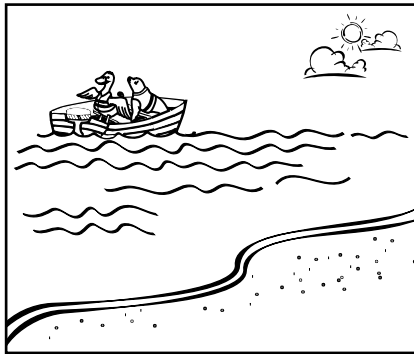
Always be courteous, follow the rules and watch out for swimmers, fisherman, skiers and other boats. Surfer and Diver are going out in a boat. Can you help them learn the courtesy rules? **Cross out the pictures** where Surfer and Diver should **NOT** go boating.



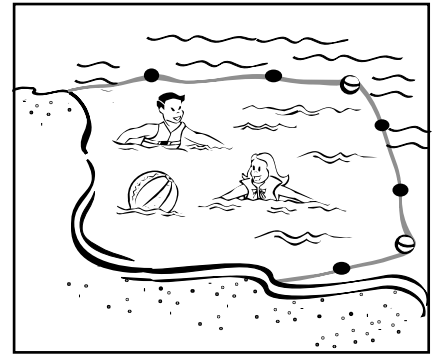
It is safe and courteous to go boating. . .



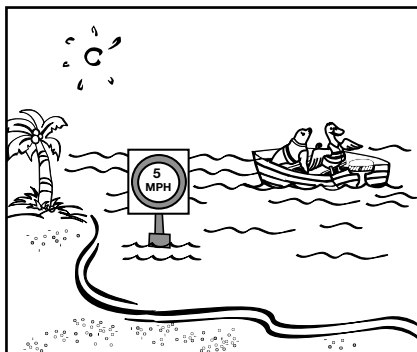
too close to the dock



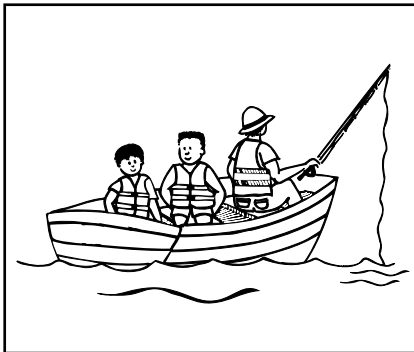
on the bay while following the rules of the road



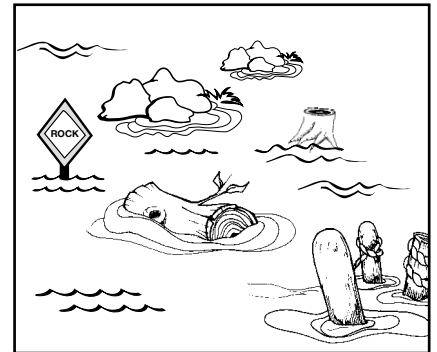
close to swimmers



on the lake while obeying speed limits



close to people fishing



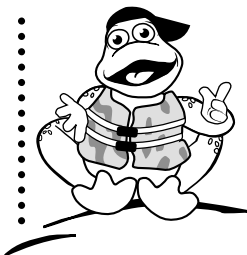
close to rocks and logs



ALCOHOL, DRUGS AND BOATING DON'T MIX!



ACTIVITY 1:



ALCOHOL, DRUGS, BOATING AND STRESS

The main stressors of boating (sun, wind, noise, and waves) make drinking alcohol and taking drugs while boating *even more* dangerous. Using words from the word bank, fill in the missing words below.

Word Bank

alcohol	noise
dangerous	no
balance	sun
drugs	mix
waves	wind

- 1 Say _____ to alcohol and drugs.
- 2 Boat passengers who drink _____ or use _____ can lose their _____ and fall out of the boat.
- 3 Loud _____ from the boat engine, heat from the _____, blowing _____, and the moving _____ of the water, all add to the bad effects of alcohol.
- 4 Drinking alcohol or taking drugs makes boating _____ for everyone.
- 5 Alcohol, drugs and boating don't _____.



ALCOHOL, DRUGS AND BOATING DON'T MIX!



ACTIVITY 2:

SAY NO TO ALCOHOL AND DRUGS

It is dangerous to drink alcohol or use other drugs while boating. The AquaSMART characters know that alcohol, drugs and boating don't mix! Color and cut out the pictures. Then, glue them to popsicle sticks to make puppets.



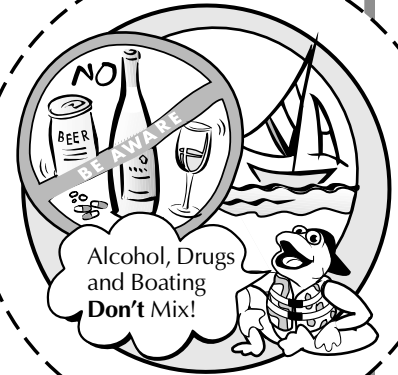
Sample popsicle stick puppet



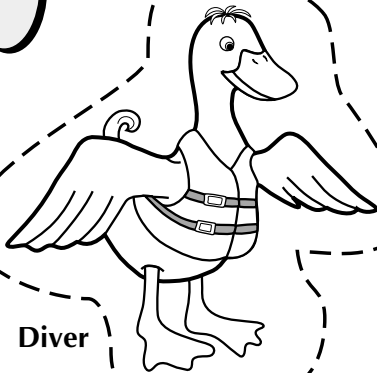
Charlie



Joe



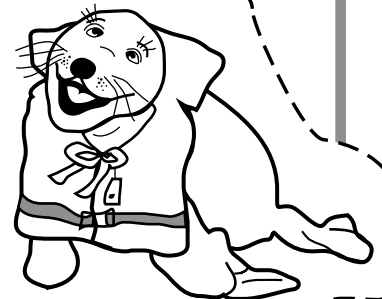
Alcohol, Drugs and Boating Don't Mix!



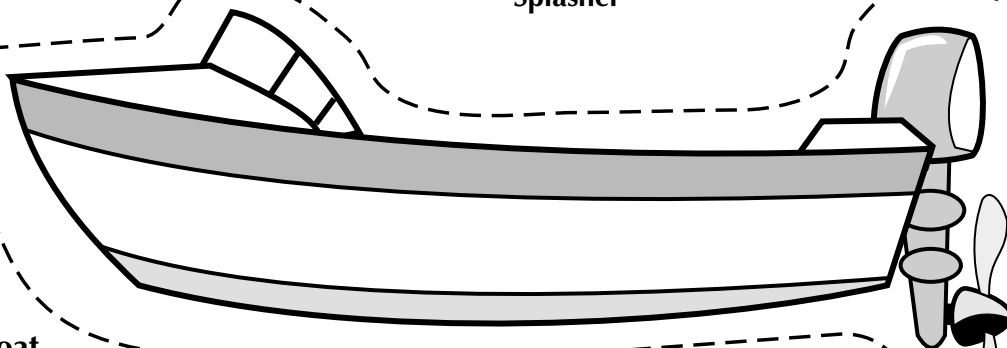
Diver



Splasher



Surfer



Boat



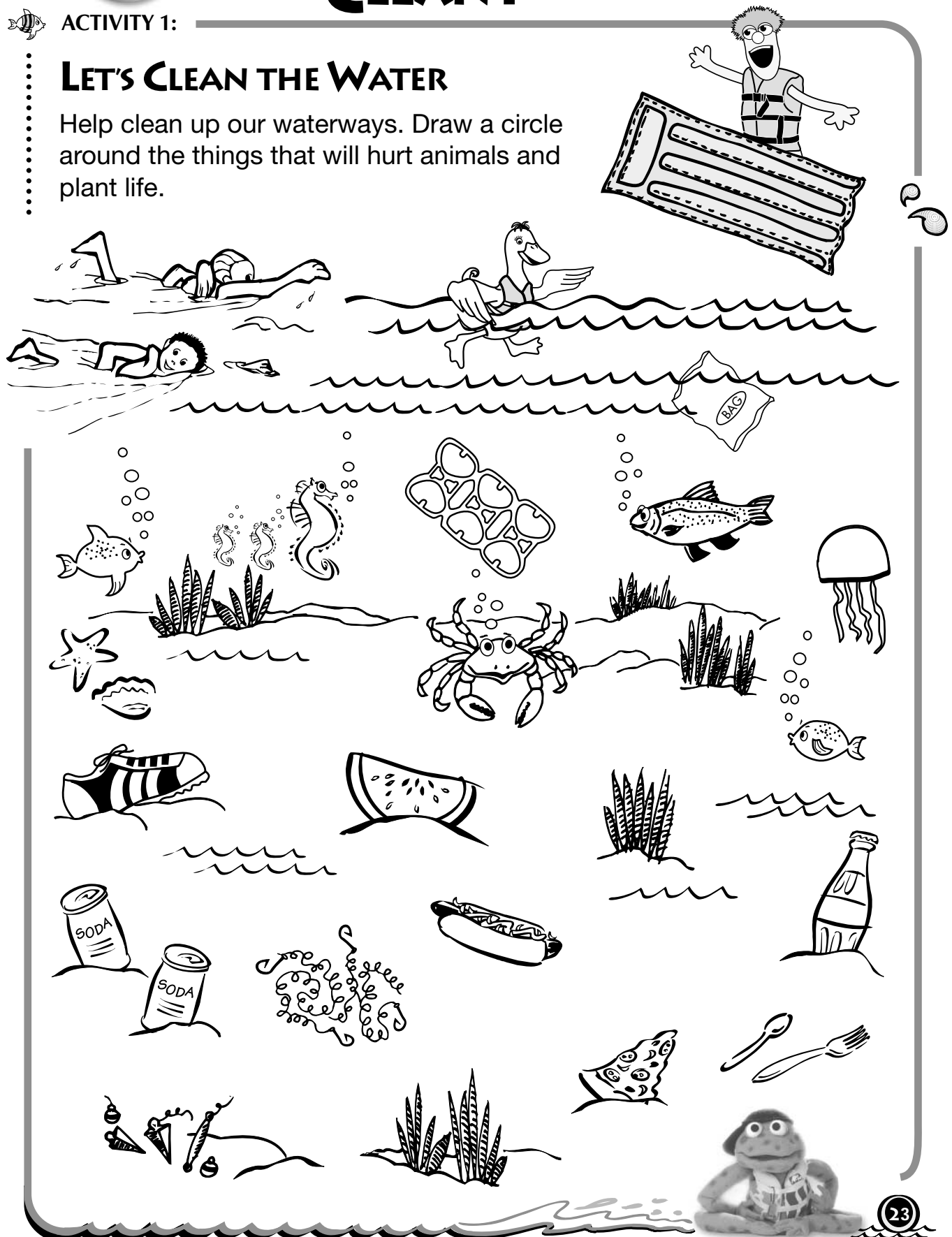
KEEP OUR WATERWAYS CLEAN!



ACTIVITY 1:

LET'S CLEAN THE WATER

Help clean up our waterways. Draw a circle around the things that will hurt animals and plant life.



KEEP OUR WATERWAYS CLEAN!

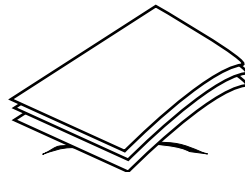
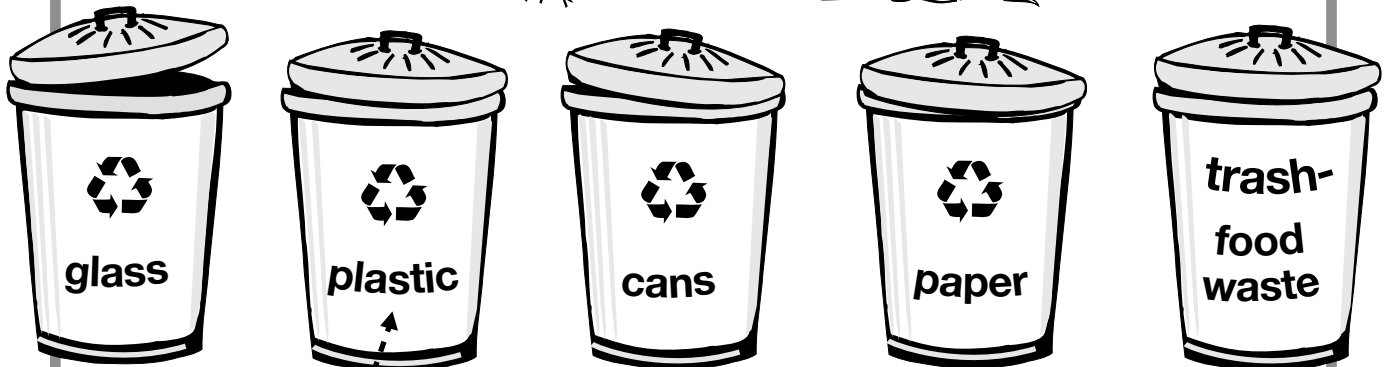
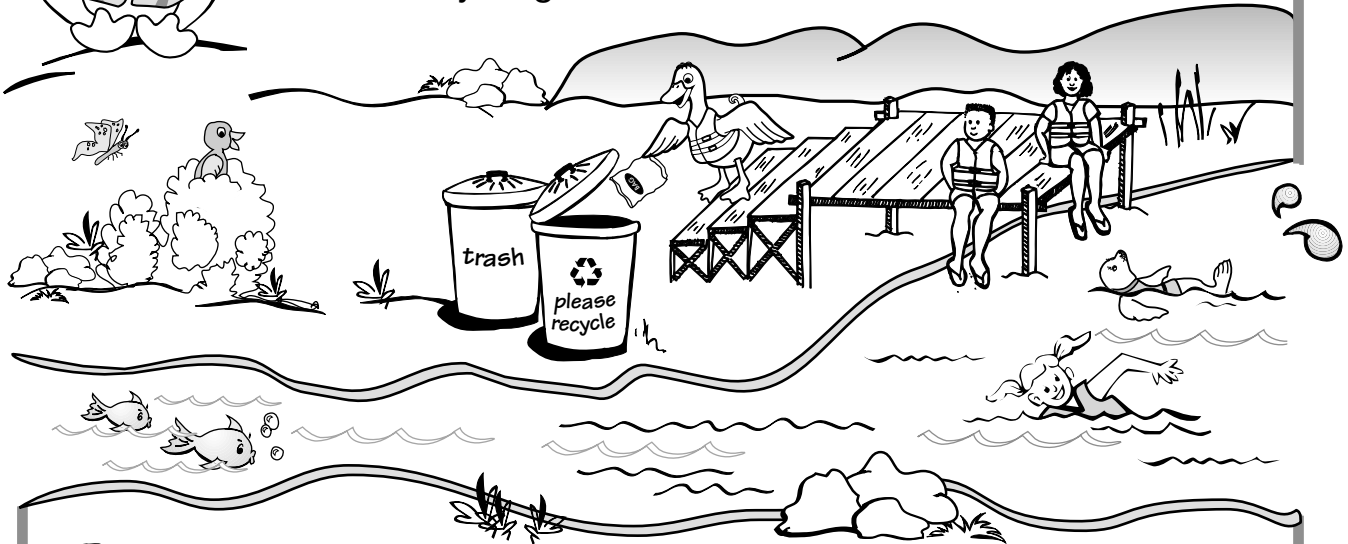
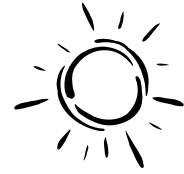


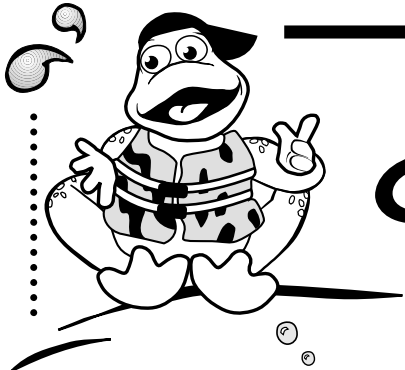
ACTIVITY 2:

HELP KEEP OUR WATERWAYS CLEAN



Recycle and reuse whenever possible.
Help Diver clean up the mess below.
Draw a line from the garbage to the
correct recycling bin.

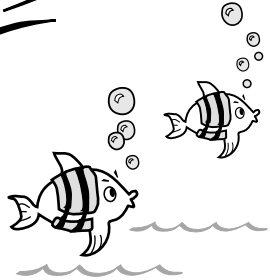




CERTIFICATE OF ACCOMPLISHMENT

Awarded to:

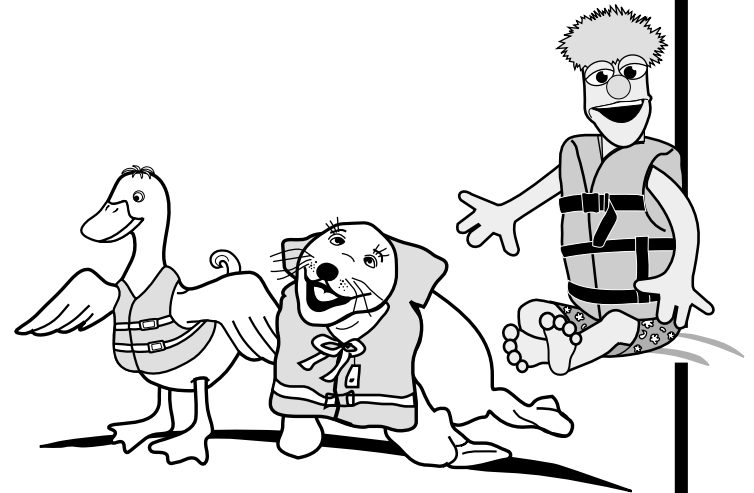
for completing this water and boating safety activity book



Great Job!



Now SMART



**Presented by the
California Department of
Boating and Waterways**

Parent/Guardian

Date

